



SOIL STEWARDS & ORGANIC CERTIFICATION

Why Certify?

While many of our members and customers tell us that they are simply happy to know that our food is locally produced using sustainable, chemical-free farming methods, we believe that certifying our farm and products as organic provides a unique opportunity for research and experience on campus. Organic certification means that we will have set guidelines to follow in producing our food.

Where are we in the process?

We have been farming consistently for three seasons using only approved inputs and methods, so we are ready to submit our materials for certification.

The club is in the process of applying for certification based on our profits from the last two years. This involves a small fee, filling out an organic crop questionnaire and requesting inspection.

Idaho Organic Certification Information

We will submit our materials to the Idaho State Department of Agriculture, which has this to say about its Organic Seal:

"Look for the State of Idaho Organic Certification Seal on the products you buy as a symbol of the producer's commitment to organic farming. The Idaho Certified Organic label has the full force of law behind it as well as the support of the Idaho Organic Alliance, the Idaho Organic Feed Growers Association and the Idaho State Department of Agriculture (ISDA)."

In 2002, the ISDA received its accreditation as an organic certifying agency by the United States Department of

THIS WEEK'S HARVEST:

- ◆ Leeks
 - ◆ Broccoli
 - ◆ Moss Curled Parsley
 - ◆ Marketmore & Lemon Cucumbers
 - ◆ Gold Bar, Black Beauty & Costata Romanesco Summer Squash
 - ◆ Assorted Patty Pan Squashes
 - ◆ Red Companion Heirloom Potatoes
 - ◆ Black Tuscan Kale
 - ◆ Assorted Lettuces
- ◆ At the Farmstand this week: *Fresh Cut Flowers, Leeks, Patty Pan Squash, Sweet and Red Opal Basil, Lemon and Marketmore Cucumbers, Red Companion Heirloom Potatoes, New Girl and Mixed Cherry Tomatoes.*

Agriculture National Organic Program. For organic certification, a producer/handler must submit an application, pay a nominal application fee and undergo an on-site inspection. If all requirements are met, the producer/handler is then certified as organic for the crops grown.



For more information on Idaho's Organic Certification Program, visit:

<http://www.agri.state.id.us/Categories/PlantsInsects/Organic/indexOrganicHome.php>

For information on the National Organic Standards, which includes lists of approved practices for organic production, visit:

<http://www.ams.usda.gov/nop/Consumers/brochure.html>

IT'S THE PERFECT WEATHER FOR SOUP...

Cold soup, that is!

It sounds strange. Shouldn't soup be warm, filling, soothing? Don't we reach for the soup pot on a cold & rainy day or when we need a dose of comfort food? Not always! Cold soups are easy to prepare, flavorful and refreshing. And best of all, they don't steam up the kitchen!

EASY COLD CUCUMBER SOUP

Ingredients:

1 cucumber
1 clove garlic
1 quart buttermilk
1 knife tip ground cumin
1 Tablespoon fresh dill, chopped
Salt and pepper to taste
Dark bread

Directions:

Peel and seed cucumber. Cut slices in finger-thick chunks. Put in blender with other ingredients except dark bread. Blend. Refrigerate at least 1/2 hour before serving. Cut dark bread into cubes. Toast to croutons in a thick pan. Blend soup again before serving. Add croutons when serving.

COLD ZUCCHINI SOUP

Ingredients

1 lb. 10 oz. small zucchini, washed
1 lb. tomatoes, peeled, seeded and puréed
4 garlic cloves (preferable new garlic)
8 sprigs basil (or parsley)
1 Tablespoon olive oil
Salt & freshly ground pepper
For the garnish: 2 Tablespoons peppery olive oil and 4 basil sprigs (or parsley)

Preparation:

Peel the garlic and place in a large saucepan, stock pot or kettle with 3 cups of water, the basil leaves, olive oil and salt.

Add the tomatoes and bring to a boil.

Finely grate zucchini with a food processor fitted with a julienne disc or the fine perforations of a 4-sided grater.

Add the zucchini to the tomatoes. Cover, reduce heat to low and gently simmer for 40 minutes.

When the soup is cooked, leave to cool. May be served at room temperature or chilled.

To serve: Divide the mixture among 4 soup plates and season with more freshly ground pepper and the peppery olive oil. Garnish with a sprig of basil.

COLD POTATO AND LEEK SOUP

Ingredients:

4 cups chicken stock
4 Tablespoons butter
2 large leeks, white only, chopped finely
1 small onion, chopped finely
1/4 cup finely chopped celery
10 ounces potatoes, sliced about 1/4" thick
salt & white pepper
1 cup heavy cream
For the garnish: 2 Tablespoons finely chopped chives, finely chopped dill or parsley for garnish.

Preparation:

If using canned chicken broth, please take the time to improve the flavor by clicking on the above link. It is important for this soup the stock have quite a bit of flavor. For the soup:

Melt the butter in a heavy frying pan. Add the onion, celery and leeks and cook very slowly for about 20 minutes. Stir occasionally and adjust the heat so that the vegetables barely color. When they are soft and translucent, transfer them to a saucepan and pour in the stock. Add the potatoes and bring to a boil. Reduce the heat, cover and simmer until the potatoes are soft.

Add half of the potatoes and stock to a food processor and pulse. Remove and finish with the rest of the soup. The soup should not be completely smooth. To finish it, press it through a sieve.

6. Stir in the seasonings, salting liberally, the cold has a tendency to dull the soup's flavor.

To serve: Before serving the soup, stir in 1 cup of the heavy cream and taste again for salt. If it seems too thick, add more cream.